



The Family Programs Flyer
Operation Ready Families Monthly
Newsletter

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Issue 13

Volume 1

Happy Halloween

On Hallowe'en the thing
you must do
Is pretend that nothing
can frighten you
An' if something' scares you
and you want to run
Jus' let on like
it's Hallowe'en fun.

- - - from an Early Nineteenth Century Halloween Postcard
Postcard

Everyone wants to have a safe and happy Halloween for themselves, their guests and their children. Using safety tips and some common sense can help you make the most of your Halloween season, keeping it as enjoyable for your kids as it is for you! There are lots of simple ways to keep your child safe at Halloween, when accidents and injuries are more likely to occur.

The excitement of children and adults at this time of year can sometimes make them not as careful as they would normally be. Simple common sense ideas can do a lot to stop tragedies from happening.

If you live in a friendly neighborhood, discuss having a Halloween block party with the neighbors. Set it up outside, in the street and yards and get everyone involved. Have carnival type games, a few yard haunts, food, music and dancing.

If you are holding your party in your house, make sure that you move any breakable pieces of furniture or knick-knacks to another room where they can't get broken. A forgotten heirloom vase that hits the floor could ruin the night for you.

Having a pumpkin carving party on the night before Halloween can be a great way to start off the festivities. Either adults, kids or both, can have a wonderful time and get all your pumpkins carved before the big night!

As much as your dog or cat may beg for some of your Halloween candies, always remember that chocolate is deadly to them in any amount. There's a chemical that naturally occurs in chocolate that they cannot tolerate.

The wrappers, such as tin foil, can get stuck in your pet's digestive tract and make them ill or cause death. There are plenty of recipes for making homemade dog and cat treats, you can always make them on a Halloween theme if you want to make something special for your pet.

Large dogs can have lethal tails when it comes to wagging them. Don't leave any lighted candles or Jack-O-Lanterns where they could be knocked over by a swinging tail or by a curious cat. Not only could your pet start a fire but they could severely burn themselves in the process.

By keeping Halloween a fun, safe and happy holiday for you and your kids, you'll look forward to many happy years of Halloween fun! by keeping good memories for your kids, they'll be more likely to carry on Family traditions.

Blue Star Moms

The Blue Star Moms is a non-partisan, non-political non-sectarian, non-discriminatory and non-profit organization. The military represents all aspects of America, as does our group. Our mission is to support through service. Our organization is all about Members and their sons and daughters who serve or have served honorably in the Armed Forces of the United States of America.

- United States military personnel who serve or have served honorably and their families
- Veterans' organizations
- Causes that will benefit military personnel.
- Gold Star Families

Since our inception and following in the footsteps of our grandmothers and mothers, we have mailed "a little bit of home" to our sons and daughters serving around the world. Due to the generosity of our communities, we have been able to include many more service persons who request a box. Often commanding officers in the field will contact us and let us know that they have a young man or woman who is not receiving any boxes or letters from home. These kids quickly come into our hearts and soon receive a care package, letting them know America supports them. We depend on your support and help to continue our mailings. Membership is open to mothers or stepmothers who have sons and/or daughters currently serving, or who have been medically or honorably discharged from the five service branches of the United States. For more information about joining, contact us at membership@bluestarmoms.org

IN THIS SCARY ISSUE

The Main Event



Child and Youth



Save the Date



Perks



Military Money



For the Kids



Shadows of a thousand years rise again unseen,
Voices whisper in the trees, "Tonight is Halloween!"

- - - Dexter Kozen

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Child&Youth

**The Child and Youth Program
is excited to announce the
start of our very own State Youth Council.
This Council will be a program for Teens by Teens.
These Teen will meet quarterly focusing on
Leadership and Life Skills.**

**This Council will give our CANG Teens a voice.
If you know CANG Teen that would be interested
have them fill out the application
that is located on our Child&Youth website.**

Applications are due Nov. 15th

Spooky Greetings!

Child & Youth team: Visit http://www.calguard.ca.gov/readyfamilies/Pages/child_youth.aspx for more information on any of these activities!

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Northern
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818-402-3296
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If you have any questions about the program or upcoming events, please contact your local POC.



We are so excited that October is here! September brought organizational changes that will better allow Child & Youth to reach more California National Guard kids. With that goal in mind, we have a new hire that joined us in Fresno and we are so excited to welcome Melanie Diaz to our Child & Youth Team. Melanie is our new Outreach Assistant! We are working fast to get her all set up and settled in to her new office located on E. Airways Blvd. We will be announcing her contact information as soon as we have it available, so be looking for that change on our Org Chart that is located on the Operation Ready Families web page at

<http://www.calguard.ca.gov/readyfamilies/Pages/default.aspx>

Be sure to keep an eye out for new and exciting Child and Youth events that will be taking place in the new year.

It is that time of year when all manner of cute, creepy and crawly costumed kids come out to have their Halloween fun. Lets make sure the Halloween stays wonderful by being safe. Please visit <http://www.halloween-safety.com/> to get tips and ideas on how to not only to make your Halloween creepy fun, but also how to stay completely safe.

Remember, Eat, Drink and BE SCARY!!!!



The witches fly
Across the sky,
The owls go, "Who? Who? Who?"
The black cats yowl
And green ghosts howl,
"Scary Halloween to you!"
~Nina Willis Walter

Save the Date

There are nights when the wolves are silent and only the moon howls.

~George Carlin

Horses for Heroes with Heart

A couple's communication workshop for Veteran couples.

When: Saturday, October 15 10am-4pm

Where: A Horse Ranch, Gilroy CA.

There is no cost for Veterans and their partners. Space is limited and Preregistration is required. Sponsored by DreamPower Horsemanship.

For more information visit their website at www.dreamowerhorsemanship.com or call 408.686.0535

Yellow Ribbon Events

Keep it together before, during, and after your Servicemember's deployment! Learn methods to help cope with anticipated problems and questions; develop mechanisms to address issues such as separation anxiety and stress; understand unique perspectives and behaviors of children of deployed Servicemembers; and discover resources and benefits available to you and your Family. To find out more or to register, go to <http://www.calguard.ca.gov/g1/YRRP/Pages/YellowRibbonEventRegistration.aspx>.

Long Beach October 16 register by October 10
Redding November 6, register by October 6.

HAPPY HALLOWEEN!

BOO!

We Care Meetings

Rock Star Uproar Festival

With Avenged Sevenfold, Three Days Grace, Seether, Bullet for My Valentine, Escape The Fate, Sevendust and many more

October 13th at Sleep Train Amphitheatre in Wheatland (Sacramento Area)

October 14th at Shoreline Amphitheatre in Mountain View (SF Area)

Normal tickets are \$25.00. Military tickets are only \$16.50 (includes all fees) Save over 30 percent on tickets.

Get tickets using the links below and use the password "troops".

Shoreline:

<http://www.ticketmaster.com/event/1C0046E5798940AD?did=troops>
<<http://www.ticketmaster.com/event/1C0046E5798940AD?did=troops>>

Sleep Train Amphitheatre:

<http://www.livenation.com/event/1C0046E3CD2C46AA?did=troops>
<<http://www.livenation.com/event/1C0046E3CD2C46AA?did=troops>>

**One need not be a chamber to be haunted;
One need not be a house;
The brain has corridors surpassing
Material place.
- - - Emily Dickinson**

THIS MONTH ONLY
Walnut Creek will be holding their We Care on Friday October 21st at 6p.m. at the normal location

Saturday 10/8	Tuesday 10/11
Bell @ 11:30 am 213-503-4472 Escondido @ 12 pm 619-405-7190 Burbank @ 12 pm 562-254-6916	Bakersfield @ 6 pm 559-217-9976 Sacramento @ 6 pm 916-416-8320
Thursday 10/13	Tuesday 10/18
Moffett Field Wescoat Clubhouse @ 6:30 pm 408-595-9847	Modesto @ 6:30 pm 209-402-4114 Visalia @ 7 pm 559-217-9976
Wednesday 10/19	Thursday 10/20
San Diego @ 12 pm 760-828-7116	San Francisco @ 6:30 pm 408-595-9847
Tuesday 10/25	Wednesday 10/26
Fresno @ 6:30 pm 559-994-6102	San Bernardino @ 5 pm 909-801-9411 Paso Robles @ 6 pm 805-896-4029 Ventura @ 7 pm 805-431-3866
Friday 10/28	Saturday 10/29
Los Alamitos 6 pm (562) 370-7680	Azusa @ 12 pm 818-383-8643 Chico @ 10am-4pm 530-513-0478

Please call the number listed to confirm the date, time and location of the meeting prior to attending.

PERKS

If a man harbors any sort
of fear, it makes him
landlord to a ghost.

~Lloyd Douglas

The information contained on this page is for informational purposes only and is not an endorsement of any kind from the California National Guard regarding the companies. For further details, directly contact the companies listed.

Are you eligible for Tutor.com for U.S. Military Families?

Many active duty military Servicemembers and their families in the Army, Marines, navy, and Air Force are eligible for free access to the Department of Defense online tutoring program. Get help from a professional tutor anytime you need it. FREE for eligible military service members in the Army, Marines, Navy or Air Force and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects. For complete details and information visit <http://www.tutor.com/military>

The Soldier's Project

The Soldier's Project is a free, confidential counseling for Soldiers and their Families. The Soldier's Project is a group of licensed professionals who offer free sessions to any Servicemember/Veteran who has served in Iraq or Afghanistan. This same service includes all Familymembers; girl/boyfriend, spouses, children, parents and grandparents. There is no limit to the number of sessions provided and The Soldier's Project does not report to any government agency. The Soldier's Project is located all around the United States. For more information please visit <http://www.thesoldiersproject.org/>

The US Department of Veterans Affairs (VA) is offering a new benefit.

What is the benefit?

A payment ranging from \$25,000 to \$100,000.

Who is eligible?

Servicemembers (or former members) who had a qualifying traumatic injury from Oct. 7, 2001 to Nov. 30, 2005. National Guard and Reserve are included. The member must have been in the service at the time of the injury.

What is a "qualifying traumatic injury"?

Certain severe traumatic injuries resulting in a range of losses, including amputations; limb salvage; paralysis; burns; loss of sight, hearing or speech; facial reconstruction; 15-day continuous hospitalization; coma; and loss of activities of daily living due to traumatic brain injury or other traumatic injuries.

Does it matter if my traumatic injury was not in a combat zone?

No. The benefit is available regardless of the geographic location where the injury occurred.

Does it matter if my traumatic injury was unrelated to military duty?

No. Coverage includes such things as a civilian automobile accident or severe injury which occurred while working around the home.

What is the name of the benefit?

SGLI Traumatic Injury Protection Benefit -- known as TSGLI. This is a part of The Servicemembers' Group Life Insurance (SGLI). SGLI has long been available.

If I think I qualify, what should I do next?

Contact your branch or service TSGLI office. Contact information is available here:

<http://www.insurance.va.gov/sgliSite/TSGLI/TSGLI.htm>

Commissary On-Site Sales

Oct 22

Guard and Reserve

Fort McArthur Bldg 40

2400 South Pacific

San Pedro, CA 90731

Oct 23

Guard and Reserve

Coleville Military Housing

Davenport Court

Coleville, CA 96107

Fear has many eyes and can see underground.

~Miguel de Cervantes

Family Programs Check In

Fear is nature's warning signal to get busy.
- - - Henry C. Link

Eat, Drink and be SCARY
~Unknown

Northern California

Who is up for a Halloween party?

This month there have been a couple of changes to the normal We Care schedule in order to bring you special spooky fun! In Chico, Angie Avritt will be hosting an amazing fall party that will include Carnival games for the kids! This event will take place at 2415 Tom Polk Ave in Chico on Oct 29 from 10 am - 4pm. Contact Angie for details at angie.avritt@us.army.mil.

Deborah Burrow in Walnut Creek is jumping on the holiday band wagon is offering another Halloween themed Family Fun Night for Military Families. Her event will feature costumes, games and all manner of Halloween thrills. This spooktacular event will be on Friday Oct 21, from 6:30-9:30 pm at 1800 Carmel Drive in Walnut Creek. For more information or to RSVP, contact Deborah Burrow at deborah.a.burrow.ctr@us.army.mil.

Barb Rugani-Kyser has all kinds of cool fall events taking place in her coast line area of operations. Most notably, she wants to remind everyone that there is a ton of fun to be had at family friendly events such as a news worthy pumpkin festival that takes place. Love wine country and haunted houses? The two come together in a series of haunted houses strung throughout Sonoma and Napa counties. Need for speed? Take advantage of a Mt. Hermon zip line ride that allows you to coast through a red wood canopy nearly 100 feet in the air! All this information and more can be found at <http://www.experiencehalfmoonbay.com/>.

Julia Crain in Sacramento is excited to invite everyone to a Masquerade Ball that is hosted by Blue Star Mom's. The Ball will be held on Oct 29 at 8450 Okinawa St in Sacramento in honor of the National Guard's 375th Birthday. Please dial 916.505.6855 for ticket information. Oct 15-16 is a rafting trip for Veterans and Military students that is hosted by Catherine Morris. For more information or details, please email Catherine at cmorris@sierracollege.edu.

Central California

Whew! It has been a busy year for Central California! Don't worry, we are not slowing down at all!

We get to welcome our new Family Assistance Specialist Carolyn Enders who will be working out of San Bernardino, so be sure to look for a new face and say hello.

Central California is also hosting our Inter-Service Family Assistance Committee quarterly meeting. The theme for this meeting is building community resources for our Military. We are expecting great things to come from this quarter, so be sure to keep an eye out for updates.

A new Family Center in Modesto is open and Pamm Plamondon is ready for a visit. Stop by and see what she has planned for you and your family this fall season. She is located at 933 Kansas Avenue in Modesto.

As if all this wasn't enough, Sue Miguel decided to throw in a Halloween Family Event in Fresno as well. Costume contests, fear factor food contests and classic Halloween treats are just a sample of the fun that will be available. Contact Sue Miguel at sue.miguel@us.army.mil for more information or to RSVP.

Southern California

SoCal would like to give huge welcome to Isaac Avila, who joins our Family Assistance Team from National City. Isaac operates out of a Family Assistance Center and is completely settled in. The SoCal team is back in full force with 8 Family Assistance Specialists spread throughout the southern counties.



This photo is curtesy of Candy Carrizales. This is the successful food drive that was put on by Vons. Over 15 stores contributed and this wonderful donation has been distributed around the Ventura, Santa Barbara area and includes parts of Los Angeles County....even the Armories saw donations. FAC's, Dollar Tree, Vons and other locals vendors often team up with to collect items and distribute those items to Military Families.

For the Kids, Happy Halloween!!



BOOO!!!

